

All Schools (Gluten Free)

Lunch Menu October 2018



Specialty Salads Available on Mon/Thurs w/Gluten Free Bread (4th-9th)
 Specialty Salads w/ Gluten Free Bread Available Daily at High School
 PB Sandwich on Gluten Free Bread Available Daily

MON	TUE	WED	THU	FRI
1. Grilled Chicken Breast Gluten Free Bun Corn Whipped Potatoes Assortment of Fruits & Juice Milk	2. PB Sandwich on "Gluten Free Bread" Mixed Greens Salad "Gluten Free Dressing" Veggie Dippers Assortment of Fruits & Juice Milk	3. Grilled Pizza Sandwich Gluten Free Bread Caesar Salad (no croutons) "Gluten Free Dressing" Baby Carrots Assortment of Fruits & Juice Milk	4. Baby Carrots WG Toasted Cheese Sand. Gluten Free Bread Chef Salad "Gluten Free Dressing" Ice Cream (Secondary Only) Assortment of Fruits & Juice Milk	5. Gluten Free Pizza Baked Beans Baby Carrots Assortment of Fruits & Juice Milk
8. Grilled Chicken Sandwich w/ Cheese Gluten Free Bun Mixed Greens Tossed Salad "Gluten Free Dressing" Corn Assortment of Fruits & Juice Milk	9. Hamb.or Ch. Burger, Gluten Free Bun Lettuce, Tom., Pickles Whipped Potatoes Veggie Dippers Assortment of Fruits & Juice Milk	10. Crunchy Taco Lettuce, Tomato, and Salsa Seasoned Pinto Beans Veggies Assortment of Fruits & Juice Milk	11. Hot Dog Gluten Free Roll Green Beans Mixed Green Salad "Gluten Free Dressing" Assortment of Fruits & Juice Milk	12. Ham and Cheese Sandwich Gluten Free Bun Lettuce and Tomato Caesar Salad "No Croutons" Gluten free Dressing Carrots Coins Assortment of Fruits & Juice Milk
15. Grilled Pizza Sandwich Gluten Free Bread Mixed Green Salad "Gluten Free Dressing" Baked Beans Assortment of Fruits & Juice Milk	16. Chilled Fruit Juice Egg & Cheese Sandwich Gluten Free Bun Gluten Free Yogurt Assortment of Fruits & Juice Baby Carrots Milk	17. Grilled Chicken Sandwich Gluten Free Bun Baby Carrots Caesar Salad (no croutons) "Gluten Free Dressing" Assortment of Fruits & Juice Milk	18. PB Sandwich on Gluten Free Bun Steamed Veggie Veggie Dippers Ice Cream (Secondary Only) Assortment of Fruits & Juice Milk	19. Act 80 Day
22. Grilled Chicken Sandwich Gluten Free Bun Veggie Dippers Baked Beans Assortment of Fruits & Juice Milk	23. Ham and Cheese Sandwich Gluten Free Bun Mixed Green Salad "Gluten Free Dressing" Whipped Potatoes Assortment of Fruits & Juice Milk	24. Macho Nacho Bar "Corn Chips Only" Fixing's Cup Corn Baby Carrots Assortment of Fruits & Juice Milk (Apple Crunch Day)	25. Hamburger Gluten Free Bun Whipped Potatoes Steamed Broccoli Assortment of Fruits & Juice Milk	26. Gluten Free Pizza Rocky Mt. Salad "No Croutons" Steamed Veggies Assortment of Fruits & Juice Milk
29. Grilled Chicken Breast Gluten Free Bun Mixed Green Salad "Gluten Free Dressing" Seasoned Green Beans Assortment of Fruits & Juice Milk	30. Ham and Cheese Sandwich Gluten Free Bun Mixed Green Salad "Gluten Free Dressing" Carrot Coins Assortment of Fruits & Juice Milk	31. D.I.Y Walking Taco "Corn Chips Only" Gluten Free Bun Corn Baby Carrots Spooky Sundae Assortment of Fruits & Juice Milk	Menu Subject to change	